



The Journal

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Prosperity Fairs Offer Information for a Total Healthy Lifestyle



Photos by Bernard S. Little

Reiki, a meditative practice that promotes stress relief, balance and self-healing, was one of a number of activities offered at last week's Prosperity Fair at Walter Reed Bethesda, held to provide staff, beneficiaries and visitors a variety of information to achieve their personal, professional, spiritual and relationships goals.

By Bernard S. Little
WRNMMC Public Affairs
staff writer

Joyce Jones, who works in the Department of Occupational Health at Walter Reed Bethesda, said she attends the medical center's quarterly Prosperity Fairs because "there's a lot of good information, family-wise as well as work-wise."

Jones added that in general, work environments can become stressful and the Pros-

perity Fairs offer resources and information which can be helpful to de-stress at work and at home. "I find [the fairs] very beneficial," she said.

Last week's Prosperity Fair was the third held at the medical center this year to support Walter Reed Bethesda Director Brig. Gen. (Dr.) Jeffrey B. Clark's Prosperity Plan for staff, initiated in January. The general explained that the plan, which he successfully implemented at his previous commands, is designed

to strengthen the well-being of staff and is fundamental to mission success.

Clark added that Walter Reed Bethesda does three things – "fulfill the mission, take care of each other and take care of families." The medical center's Prosperity Plan and fairs are important in accomplishing the three, he said.

More than 35 organizations and departments participated in last week's Prosperity Fair, according to Cmdr. Dwayne L.

Buckingham, service chief for Resiliency and Psychological Health Service, and Dr. Joan Y. Gordon, program manager for the service. Both describe the event as "a huge success."

"We made contact with over 1,000 service members, civilians, contract employees, volunteers and family members," Gordon said.

"We were able to showcase an array of resources and helping agencies while also promoting the importance of teamwork and unity as we

strive to accomplish our mission," Buckingham added. He said the fairs emphasize the importance of taking care of each other and those who attend them can receive "a wealth of educational and life-enhancing information" to better equip them to meet their personal, professional, spiritual and relationship goals.

"It's important to participate in activities that boost morale and create positive

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Commander's Column



I hope that you all are having a fun, relaxing, safe and enjoyable summer. In this week's column, I'd like to talk about 'ownership.' Not ownership in the sense of something is mine or yours, but ownership in the sense of something is 'ours.' I'm talking about ownership in the context of stewardship and responsibility.

Merriam-Webster defines stewardship as "the conducting, supervising, or managing of something; especially: the careful and responsible management of something entrusted to one's care (stewardship of natural resources)." Merriam-Webster also defines responsibility as "the state of being the person who caused something to happen: a duty or task that you are required or expected to do: something that you should do because it is morally right, legally required, etc." It is our sense of community stewardship and responsibility. You may be asking yourself, "Where is he going with this?"

My point is this: We all have a greater responsibility beyond self and beyond what is mine or yours. I ask that you think and act as it relates to caring for the place where you work, the people you work with, and the installation where you serve.

I want to ask you to think about a few scenarios and how the above definitions and descriptions fit in to how you would act or respond. Every time someone parks where they are not authorized to park, that has an adverse impact on our installation community. When someone passes their hang tag or proximity card on to a co-worker, instead of returning it, it impacts your community. It impacts because the co-worker who should have received it doesn't get one and it allowed another to circumvent the system. Who has the responsibility and stewardship to do what is right? We all do. The person who gave away the hang tag and proximity card and the person who took it are equally responsible and aren't being good stewards.

Let's talk about the physical condition of spaces. Who has the responsibility and who has the stewardship to put in a trouble ticket for the malfunctioning sink or faucet in a community restroom? We all do. When someone just changes sinks and walks out assuming someone else will do it, they're not being responsible or a good steward. They aren't caring for their community. This isn't limited to the common spaces. This also applies when one doesn't take care of their workspace. If someone works in a new space, whether that is remodeled or new construction, does it look new? Is it being kept to look like new? A good and responsible steward would.

When someone decides to smoke somewhere other than an authorized smoking area, is that being a good and responsible steward? If one walks by someone smoking in an

area other than an authorized smoking area, is that being a good and responsible steward? Who should act? We all should, both the smoker and the passerby, if we are being good and responsible stewards. By keeping the risk of second-hand smoke to designated areas, we are making our community better and caring for those around us.

If we are in a situation where we witness someone making a poor choice, are we being a good and responsible steward? When that poor choice impacts another individual in addition to the individual making the poor choice, are we being a good and responsible steward? I would suggest that we aren't. By providing bystander intervention, we can keep the individual from making the poor choice, we can save the other individual from being negatively impacted and we can make our community a better place.

I picked these examples because they are straightforward. There is the right thing to do (responsibility) and there is doing nothing (lack of good stewardship). They are fairly clear. Each and every day, we all have the ability to make small but positive differences in people's lives and in our community. There are a number of other examples: picking up the piece of trash on the ground; putting trash in a trash can and recycle material in recycle bins; not throwing trash in the barriers, recycle bins, and flower pots; being courteous to pedestrians in the crosswalk; pedestrians utilizing crosswalks; and many more. You are a difference maker. We all are.

The point of the column today is that I am asking for your help. I need you to get on board. I need you to pitch in. I need you to get interested. I need you to care. I am asking for you to be responsible and a good steward in order to make OUR community a better place to visit, work, live, relax and enjoy. Together we can make a difference. Together we can be responsible. Together we can steward the installation resources provided to us to meet our mission, care for our patients, educate our students and support our staff. Together we can make our commands and our installation the example for others to emulate. If we band together, it doesn't take a lot of extra effort or much more work. If we each do a little piece, our little piece, the sum of those pieces will bond together to make a huge impact. You have that power. We have that power. It's our command, our community and our installation. Let's make a difference. Thank you for what you will do, and thank you for what you do every day.

**All ahead flank,
Capt. David A. Bitonti
Commanding Officer
Naval Support Activity Bethesda**

Bethesda Notebook

DOD Enterprise Email Migration

Walter Reed National Military Medical Center email users will transition to a Department of Defense Enterprise Email (DEE) service managed by the Defense Information Systems Agency (DISA). The migration will take place Aug. 19 through Aug. 22. There are pre- and post-migration steps users need to perform in order to make email migration successful. For more information, contact Luis Lopez at Luis.R.Lopez@health.mil.

Young Adults and Cancer

If you are a young adult (age 18 to 39) affected by cancer and want to meet and talk with others your age who are dealing with cancer, the John P. Murtha Cancer Center at Walter Reed Bethesda is hosting a meeting for young adults and their families on Aug. 6 at noon in the America Building, third floor, Rm. 3558, and Aug. 20 at 11:30 in the Physical Therapy Department, America Building, first floor, Rm. 1018. For more information and to RSVP, email Meghan Fitzgibbons at Meghan.k.fitzgibbons.ctr@health.mil.

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Photo by Bernard S. Little

More than 35 organizations and departments participated in last week's Prosperity Fair at Walter Reed Bethesda, offering staff, beneficiaries and visitors a variety of information to achieve their personal, professional, spiritual and relationships goals.

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synergy," Buckingham continued. "Together, we can create a caring and positive environment in which individuals can prosper personally, professionally, spiritually and in their relationships. Resilient people find solutions in problems. In contrast, troubled people find problems in every solution. Facilitating quarterly Prosperity Plan Fairs is just one way to help enhance individual resiliency and let staff know what we do matters."

Some of the organizations, departments and services that participated in last week's Prosperity Fair included the Department of Pastoral Care; Fleet & Family Support Center; Employee Assistance Program; Morale, Welfare and Recreation; Bethesda Area Chief Petty Officer Association; Outpatient Clinical Nutrition Services; Resiliency and Psychological Health Service; Public Health-Preventative Medicine Department; American Red Cross; Army Education Services and Navy College; Reiki (a meditative practice that promotes stress relief, balance and self-healing); and others.

"I think it's important for people to come and participate because it really is a good opportunity for them to be



Photo by Erin Raderstorf

American Red Cross volunteers serve ice cream to attendees during Walter Reed Bethesda's Prosperity Fair in Building 9, July 18.

exposed to different areas of growth," said Walter Reed Bethesda chief chaplain, Army Maj. John C. Lim, who was at the event providing information to attendees.

"We as chaplains cover the spiritual component, and I think that's important, but you also have the physical, personal, professional and other areas for people to take a look at, which makes this more comprehensive for overall health and well-being," Lim added.

The next Prosperity Fair is planned for October, Buckingham said.

For more information about the Prosperity Fair or WRNMMC Prosperity Plan, call Dr. Joan Gordon at 301-319-3817.



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MWR Luau 2014

Photo Story by Mass Communication Specialist 2nd Class Ashante Hammons


The Morale, Welfare and Recreation (MWR) Department hosted a luau June 17 at the Warrior Cafe in Building 62. MWR, along with the Warrior Cafe, put together a luau themed menu, a variety of festive decorations, and tropical smoothies.

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Code Yellow Exercise Scheduled for July 31

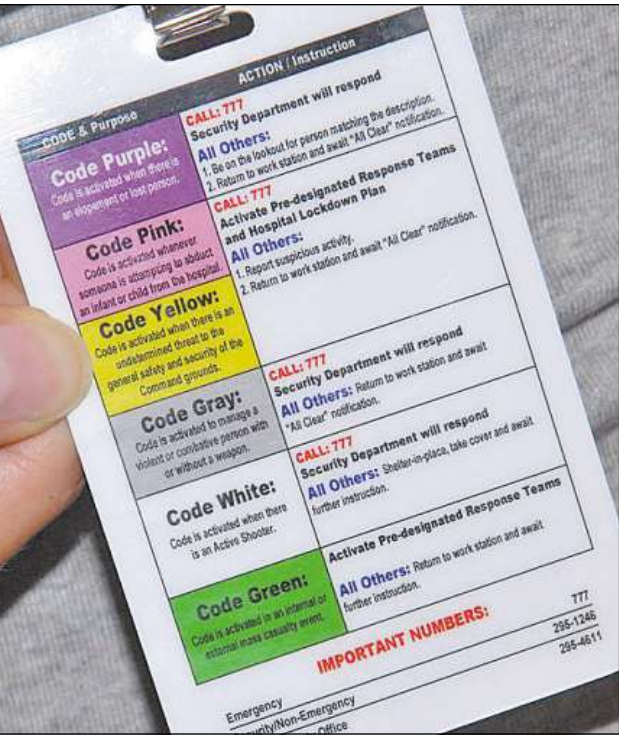


Photo by Sarah Marshall

Staff members will be tested on their knowledge of emergency code response next week during a Code Yellow July 31.

By Sarah Marshall
WRNMMC Public
Affairs staff writer

As part of continued efforts to enhance preparedness at Walter Reed Bethesda, a code yellow exercise will take place at the medical center July 31.

Code yellow is activated when there is an undetermined threat or any incident that could directly impact the safety and security of patients, visitors and staff, said Chris Gillette, emergency manager for Walter Reed National Military Medical Center (WRNMMC). It could be in response to a number of scenarios, such as a hazardous material event, a chemical or biological incident or if an unauthorized person gains access to the installation, Gillette explained. Next week's drill is expected to last about an hour, he added, and will have minimal impact on patient care.

According to Gillette, during an actual code yellow, the medical center would be placed on lockdown and no one would be allowed in or out of the facility. Designated entry points would

be set up to establish a perimeter and control access. During the exercise, the medical center will not actually be on lockdown. Staff will be expected to carry out their department's lockdown plan and get into place at their designated controlled access points. Evaluators will observe staff to see if they respond appropriately and in a timely manner. They will also ask staff questions to see how well they know their role in the event of a code yellow.

"We need to have personnel be able to respond quickly to those key entry points and establish a perimeter," Gillette said. "Those [incidents] may never happen, but could happen tomorrow ... and that's why we [conduct such an] exercise, because you never know."

The exercise will also test how effectively staff members are notified of an emergency situation — either, via a desktop alert, overhead announcements, phone call, text message or email, he added.

Melissa Knapp, program manager for Emergency Management

Plans, Training and Exercises at WRNMMC, said it's also important staff understand code yellow's response is the same as code pink, which is activated in the event of a reported missing or abducted infant or child.

"It's continuous readiness," Knapp said. "We want staff to know what to do if [a crisis] happens tomorrow."

Next week's exercise

will involve several staff volunteering as evaluators, and the Emergency Management team has been preparing for the exercise for several months, she added.

Throughout the year, their team plans emergency training regularly, ensuring staff understand the purpose of the emergency codes and how to respond. WRNMMC conducts approximately

one emergency code drill per quarter, in addition to the two large-scale emergency exercises required each year per The Joint Commission, which accredits and certifies more than 20,500 health care organizations in the U.S. to ensure safe and effective care across all settings. The Emergency Management team also provides refresher training sessions through-

out the year, and offers training to departments upon request.

"We will continue to have these exercises and hope that staff takes them seriously," Gillette said.

For more information about Emergency Management at WRNMMC, call Chris Gillette at 301-295-3115 or Melissa Knapp at 301-319-4906.

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Off-site Parking Available to NSAB Employees

By Julie Smith
NSAB Public Affairs
staff writer

Transportation officials at Naval Support Activity Bethesda (NSAB) are encouraging base employees to utilize a free parking garage outside the installation's gates as a commuting option for those who have not been issued a base parking pass but still prefer to drive to work.

The parking garage is located at 6720 Rockledge Drive near the Westfield Montgomery Mall in Bethesda, NSAB Transportation Manager Ryan Emery explained. NSAB commuters using the garage would then take the J2 Metro bus line from the bus stop on Fernwood Road adjacent to the garage to the Medical Center Metrorail Station at a roundtrip cost of \$3.40 per day. According to the J2 Metro bus line timetable, the bus trip takes approximately 20 minutes each way.

"We have a significant population that is coming from fur-

ther away, so this is really an opportunity for them," Emery said. "We thought we had utilized all of the available spaces (in the parking garage), but we've come to find that we have some more openings."

Transportation to and from the garage is not covered by the government employee transit benefit program, Emery stated. But it could be a cost savings for some employees who are paying more to use Metrorail since transit benefits decreased from \$245 in 2013 to \$130 in 2014. There is also a \$5 charge per day to park at a Metrorail station.

There are open slots at the Rockledge parking garage still available for NSAB employees, who can visit the NSAB Pass and ID office to obtain a parking pass and key fob for access to the garage. The garage is secure and has plenty of lighting, Emery said.

"With folks coming and going here on the installation, it's always important to remind them of the opportunities out



Courtesy photo

there," Emery said. "The hospital and installation are working together to accommodate as many people as we can. Due to our current parking restrictions, this is a good opportunity for those folks coming from further away to have their vehicle close."

Those restrictions are easing a bit with a new 500 to 600 — space parking garage that

will soon be under construction between the Navy Lodge and the Child Development Center. Another new parking garage near Sanctuary Hall is already in use with an official ribbon-cutting ceremony coming sometime in August. The Sanctuary Hall parking garage will be open to all individuals with colored parking hangtags with enforcement to begin in

early August, Emery added.

With a staff population of 11,600, NSAB's future goal is to have one parking space for every three employees. Parking may not always be required off-site, Emery said, but that could change, too.

"As we go on, we're working in the right direction," he said. "We're continuing to go up from here, so that's good news."

Impacting the Future

Cancer Center Hosts Middle Schoolers from Space Medicine Summer Academy

By Bernard S. Little
WRNMMC Public Affairs
staff writer

The John P. Murtha Cancer Center of Excellence at Walter Reed Bethesda recently played host to three students from the Space Medicine Summer Academy July 18.

The students, who attend Buck Lodge Middle School in Adelphi, Md., were able to see physicians and specialists at Walter Reed National Military Medical Center (WRNMMC) in action in dermatology, radiology, pulmonary medicine and clinical cancer research facilities of the Murtha Cancer Center. The students also received hands-on experience in the WRNMMC's high-tech simulation center.

Dr. Henry C. Stevenson-Perez, an oncologist who was part of the cancer medical team at the former National Naval Medical Center, and now volunteers at WRNMMC working on immunotherapy cancer projects, coordinated the students' visit to the medical center. He also volunteers



Photos by Bernard S. Little

Retired Navy Capt. (Dr.) Ralph Jones, a general surgeon, surgical oncologist and surgical endocrinologist at Walter Reed Bethesda, demonstrates to students from the Space Medicine Summer Academy visiting the medical center, how the use of a work station in the Simulation Center assists surgeons in sharpening their manual dexterity and skills.

for the program, which exposes middle-school students to medicine and science. Stevenson-Perez added the free three-week enrichment camp challenges sixth, seventh and eighth-graders to consider the skills they would need to survive if they were propelled

into outer space.

"We teach middle school students how to make their minds bigger than the world of science [and] how to get rapidly engaged in after-school internships and research so

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Navy Capt. (Dr.) Jeffrey Lenert, a surgical oncologist at WRNMMC, teaches Andres Gonzalez, 13, how to tie a special knot to improve his manual dexterity during a visit by students in the Space Medicine Summer Academy to Walter Reed Bethesda July 18.

Corpsman Awarded for 'Exceptional' Care, Professionalism

By Sarah Marshall
WRNMMC Public
Affairs staff writer

Though she's only been a staff member at Walter Reed National Military Medical Center (WRNMMC) for a short time, Hospitalman Aimee Walton is making a positive impression, according to her colleagues on the surgical ward.

July 16, Walton received the DAISY Award, presented monthly at WRNMMC to nursing staff exhibiting extraordinary care. The DAISY Foundation was created in 1999 by Mark and Bonnie Barnes in memory of their son, Patrick, who died at age 33 from an autoimmune disease. The award is presented in more than 1,700 hospitals worldwide as a way to continue thanking nurses, said Army Col. Ray Antoine, director of nursing services at WRNMMC.

For about four years, the medical center has been presenting the DAISY Award to nursing staff, and does so "because

we know what a wonderful job our nursing staff does," the colonel said.

Staff, patients or their family members can nominate a nurse for the DAISY Award and once a winner is chosen, nursing leadership travel to the winner's unit to present them with the award in front of their peers. The winner receives a pin and a hand-carved 'Healer's Touch' statue, symbolizing the caring relationship that forms between a nurse and a patient, Antoine added. During the presentation, DAISY nominees from that unit are also recognized.

Antoine read the nomination for Walton, submitted by a staff member: "This team member is exceptional ... never has to be prompted to aid with patient care, strip rooms or complete tasks. This person pre-emptively does all appropriate tasks, and then some."

The staff member described Walton as a nurse who consistently asks others if they need help, and actively checks for new patient admissions, so she can help stock



Photo by Sarah Marshall

Army Col. Ray Antoine, director of nursing services at WRNMMC, presents HN Aimee Walton this month's DAISY award. Walton is a 4 Center staff member, and was nominated by another staff member, who stated on the nomination, that Walton, "... always has a great attitude and is very professional ... This nursing team member is an example to all others."

their rooms and check their vitals. The nomination also stated Walton has a "great attitude and is very professional with staff" and "is an example to all others."

"A lot of what [nurses] do, we do behind the scenes, and we don't do it because we seek the recognition," Antoine noted. "We don't expect recogni-

tion because it's who we are, and it's what we do."

When the colonel announced Walton as the DAISY Award winner, Walton said she couldn't believe what she was hearing.

"I couldn't believe I actually won," she said.

The hospitalman began working at WRNMMC, her first duty station, in

January. Prior to joining the U.S. Navy about a year ago, she worked at a facility that provides 24/7 care to individuals with mental and developmental disabilities.

"I really just love the reaction on their faces when they have the care they need," she said, of working with patients.

Though early in her career, Walton is adding to her list of accomplishments: she has been accepted into the Army's 68 Charlie/Licensed Practical Nurses (LPN) course. The program teaches practical nursing specialists to perform preventive, therapeutic and emergency nursing care, and was recently made available to Sailors for the first time at WRNMMC. After completing the year-long course and passing a national licensure exam, she will be credentialed as an LPN.

The hospitalman plans to continue enhancing her skills, and wants to eventually become an Independent Duty Corpsman, also known as an 'IDC.' IDCs are essentially the "best of the best," Walton said. These Sailors are

the 'subject matter experts' for the corpsman rating and are trained to function independent of medical officers, according to the Navy's website. They work in a wide range of medical environments and are trained to work in various locations under a myriad of circumstances.

Hospital Corpsman 3rd Class Nde Che said he sees great potential in this junior Sailor, having worked with her since she arrived at WRNMMC. Che is Walton's first line supervisor, as the unit's assistant leading petty officer.

"I wish words could express the kind of person she is. She's professional as a nurse and as a corpsman," Che said.

He also noted Walton is proactive — she asks him each day what needs to be accomplished, and what she can do to meet that mission.

She is a corpsman "through and through," Che said, and she upholds the core values of every U.S. Navy Sailor — honor, courage and commitment.

Workshop Offers Help for Staying Organized

By Julie Smith
NSAB Public Affairs
staff writer

A class offered by Naval Support Activity Bethesda's (NSAB) Fleet and Family Support Center (FFSC) provides practical tips and advice for helping individuals with home organization.

'Organizing Your Life' is offered every other month by Life Skills Instructor Caitlin Mullins, who designed the workshop.

"This class is fun for me because I love organizing, and I think it's really important for keeping your stress level down," Mullins said. "There are benefits to de-cluttering."

According to Mullins, those benefits include added convenience, saving time, a sense of control, greater efficiency



Photo by Julie Smith

Life Skills Instructor Caitlin Mullins provides tips for home organization during an Organizing Your Life workshop at the Fleet and Family Support Center July 16.

and less anxiety.

The class is based on the right-brained versus left-brained theory of the mind that suggests each hemisphere of the brain has its own method for processing data. Most people have a dominant side that influ-

ences the way they take in information, Mullins explained.

"(Being right-brained or left-brained) doesn't define you, but in certain areas of your life you're more like one than the other," she said. "Some of us prefer one or the oth-

er, usually in learning or when our personalities come out."

That's true for organization, Mullins stated, and has a substantial impact on how individuals approach orderliness in their homes and lives. Workshop attendees took two brief quizzes to help them determine which mode of thinking they prefer.

The tests suggested right-brained people like bright colors, have emotional responses, can deal with several problems at once, often use their hands in conversation and have a difficult time with schedules. They are creative, enjoy the arts and ask 'why' more often than 'how.' Left-brained individuals are analysis driven, get motivation from structure, make lists, pay attention to details and are

creatures of habit. They enjoy reading, numbers and ask 'how' before 'why.'

In terms of organization, right-brained people might create a space where items are stored in fun or whimsical containers out in the open, whereas left-brained people like to keep things out of sight in matching boxes, explained Mullins. Once you know and understand your personality and the personalities of those you live with, organizing your home and keeping it that way should become easier, she said.

Walter Reed National Military Medical Center employee Aneesa Sharper enjoyed the exercise and said it explained a lot about the differences between her and her husband. Sharper took part in the workshop to

learn tips about how to organize her closet.

"I wanted to learn how to get my closet organized to get more control over my time in the morning," she said.

Mullins recommended the "in and out rule" to help Sharper with closet organization. The technique advises donating or getting rid of one article of clothing when buying a new wardrobe piece.

"One thing comes in and one thing goes out," Mullins said. "It works for toys and other things, too."

Another approach to closet organization includes hanging clothes on backwards-hanging hangers. As you wear things, put them back on the hanger and turn the hanger the correct way.

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HELP

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The clothes that are left on the backwards-hanging hangers after a few weeks or months should be tossed out or donated, Mullins said.

Mullins also provided information about organizing files and personal documents and offered helpful suggestions about kitchen organization and meal planning.

Finally, Mullins said when thinking about what to throw away and what to keep when organizing your home, remember the acronym SHED, which stands for separate your treasures, heave the trash, embrace your identity from within and drive forward.

"If you're not using it, then there's no need to store it," she said.

For more information about the Organizing Your Life workshop offered at the FFSC, call 301-295-2709 or email Mullins at caitlin.mullins@med.navy.mil.

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Naval Support Activity Bethesda Commanding Officer Capt. David A. Bitonti (middle), NEX Bethesda Store Manager Robin Dale and NEX Bethesda General Manager Rick Pimentel gave a ceremonial donation check to the Director of The Navy-Marine Corps Relief Society Gillian Connon (far left) and Master-at-Arms 1st Class Raymond Herrera (middle left) for the month of June.



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NPC Customer Service Center Helping Sailors

From Navy Personnel Command Public Affairs

Navy Personnel Command's (NPC) Customer Service Center (CSC) is the Navy's human resource point of contact, providing information and support to Sailors and families globally.

"The customer service agents field a large number of questions from a wide variety of constituents concerned about programs, current policies, pay and detailing," said Fred Chambers, Customer Relations Management Division director, CSC. "Our goal is to answer or find resolution to these questions in a timely manner."

CSC ensures that every Sailor and family member can interact with an agent to provide answers and guidance on a wide variety of career-related concerns in a timely and accurate fashion, no matter where the Sailor is deployed.

The CSC started screening calls for detailers in early 2010. Their aim was to help Sailors get quick answers to their detailing questions, while simultaneously reducing detailers' call volume.

"CSC points the Sailor to the Subject Matter Expert who can answer their question so that they can get the bottom line up front; we are the Navy's human

resource center," said Chambers.

Sailors' social security numbers may be required when calling to access Privacy Act records. Providing the social security number is voluntary; however, failure to do so may result in an inability to get immediate help with a problem.

The CSC can also be contacted by e-mail at UASKNPC@navy.mil for general inquiry questions and routine correspondence, such as record request inquiries, Fitness Report/Evaluation questions, detailer and Career Management System-Interactive Detailing information. DOD policy requires e-mail correspondence containing Personally Identifiable Information to UASKNPC@navy.mil to be encrypted.

CSC agents are available Monday through Friday from 7 a.m. to 7 p.m. (CST) to answer questions at 1-866-U-ASK-NPC (1-866-827-5672). Overseas Sailors may wish to email UASKNPC@navy.mil or contact via DSN (882-5672), as the Toll Free number is not available outside the United States. Sailors may also post questions or concerns on the Navy Detailers Facebook page, the official Facebook page for NPC.

For more news from Navy Personnel Command, visit www.navy.mil/local/npc/.



U.S. Navy photo by Mass Communication Specialist 2nd Class Declan Barnes

Sailors assigned to the Arleigh Burke-class guided-missile destroyer USS Kidd (DDG 100) stand watch on the bridge as the ship enters port in Donghae, Republic of Korea.

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CANCER

Continued from pg. 6

they can get started in actual STEM (science, technology, engineering and math) skills," Stevenson-Perez explained.

He added Buck Lodge Middle School science teacher Margie Arreglo Fat serves as "a bridge builder" between the school and scientists and physicians in the community, such as those at WRNMMC's Murtha Cancer Center. She explained the Space Medicine Summer Academy allows students to participate in an engaging and fun, scientifically rigorous program through hands-on experience in modern science.

Stevenson-Perez added that students compete for slots in the Space Medicine Summer Academy after completing 15 hours of after-school science training in various experiments.

In the Simulation Center at WRNMMC last week, retired Navy Capt. (Dr.) Ralph Jones, a general surgeon, surgical oncologist and surgical endocrinologist, and Navy Capt. (Dr.) Jeffrey Lenert, a surgical oncologist at WRNMMC, provided the students with hands-on experience in the facility, testing their manual dexterity.

"It's fun to see their excitement, enthusiasm and curiosity," Lenert said. "They have so much potential and we have to encourage them."

Ananya Malcha, 14, said she participated in the Space Medicine Summer Academy because she wants to be in the medical field. "I want to be a doctor and I have an interest in radiology." The middle schooler said she found the hands-on part of her day spent in the Simulation Center very enjoyable. In addition, she found looking at cancer cells in the Murtha Cancer Center, "really amazing."

"I've participated in the program for about a year," said Andres Gonzalez, 13. "They accept the top students for the program and I was lucky enough to get in. I came here last year and it was really amazing. I got to meet surgeons and it's really fun. I'm learning something new every day, so it's cool."

He added being in the program made him realize he wants to be "a healer, a doctor. I want to make a difference in this world, maybe one day find a cure to cancer."

"It is a pleasure and a privilege to host these outstanding young students and to provide a hands-on experience and mentoring using the talents and capabilities of the Murtha Cancer Center," said Army Col. (Dr.) Craig Shriver, Murtha Cancer Center director. "As future scientists and perhaps even military members, it is wonderful to allow them access to the world-class capabilities that our patients benefit from every day."



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